



# ***Performance Enhancing Ration Components (PERCs)***

## ***What It Is:***

**Carbohydrates, Caffeine, Vitamins, Antioxidants...**...these are some of the special food enhancers balanced together to make PERCs, Performance Enhancing Ration Components. PERCs are formulated to improve the physical and mental performance of soldiers during sustained operations and under all climatic conditions.

## ***Why It's Needed:***

Environmental extremes — like searing heat, freezing cold, and high altitudes — drain the energy of soldiers on the battlefield. PERCs give soldiers the extra energy needed to extend their physical endurance and to speed their recovery from physical fatigue.

## ***How It Works:***

The physiology behind the formulations is to help soldiers conserve muscle and liver glycogen — a major source of energy. How is that done? By using the glucose in the bloodstream. The glucose comes either directly from the PERC, or indirectly from the metabolism of more complex carbohydrates in the PERC. Two popular examples:

**ERGO Drink:** ERGO stands for Energy Rich, Glucose Optimized. It's a primary source of carbohydrates (12% of the drink). The ERGO drink helps regenerate glycogen and speed recovery.

**HooAH Bar:** The bar is also formulated for glucose release, but its solid structure means it's digested over a longer period of time. The HooAH bar helps delay fatigue and extend endurance.

## ***Benefits:***

**Proven PERCs...**In lab and field tests, the ERGO drink and HooAH bar enhanced soldiers' performance by about 20%.

**Improved Response...**Beyond boosting energy, PERCs can improve a soldier's ability to make decisions and respond to a situation under stress.

## ***Point of Contact:***

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